

Adaptive Cycling

Description:

Enjoy the great outdoors, experience a great cardiovascular workout and join in a group bonding experience by participating in our group cycles as we explore various local cycling routes. Rancho cycles available include several handcycles and two three-wheeled cycles. Bring your own cycle or borrow one of Rancho's.

Expected Group Outcomes:

- Build strength and endurance
- Build confidence
- Increase self-esteem
- Improve fine/gross motor skills
- Increase knowledge of leisure pursuits

Participant Criteria:

- Must be a Rancho Wellness member
- Must be able to provide own transportation to the location
- Must be able to transfer onto and off the cycle independently or with supervision
- Must be able to cycle independently for at least two hours
- Weight limit is 250 lbs. for participants using the Rancho cycles
- Must wear a helmet while riding (your own or one of Rancho's)

Group size:

Unlimited for participants bringing their own cycles. Up to seven participants using Rancho handcycles; up to two participants using Rancho three wheeled cycles. **Must RSVP in advance to reserve a Rancho cycle**

Cost Per Participant:

FREE

Activity Waivers/Paperwork required (if applicable):

- Wellness Program Waiver
- Rancho Waiver of Liability

Frequency Per Month:

- Occurring 2x per month
- Must reserve in advance

Contact Info:

Location varies: Long Beach Bike Path, Redondo Bike Path, Venice Beach Bike Path, El Dorado Park Bike Path, Sunset Beach Bike Path, and Santa Fe Dam

Adaptive Cycling Pictures

